Did you know?

A Whopper w/cheese (no fries or drink) has 770 calories, 48 gm fat (10 gm saturated fat) and 1450 mg of sodium. That is 75% of the fat you need for a whole day and half a days worth of sodium!

A regular cheeseburger has 340 calories, 16 gm fat (7 gm saturated fat), and 770 mg sodium – not great but better than a

Did You Know?

A Taco Salad has 820 calories and 43 grams of fat (that's over half the fat you need for the day in a salad!).

You would need to bike at a moderate pace (12-13 mph) for an hour and a half to burn these calories.

Did You Know?

3 scoops of Cookies n Cream ice cream is 450 calories and 24 gm of fat. It has over 11 teaspoons of sugar.

You would need to play racquetball for 45 minutes to burn off the calories.

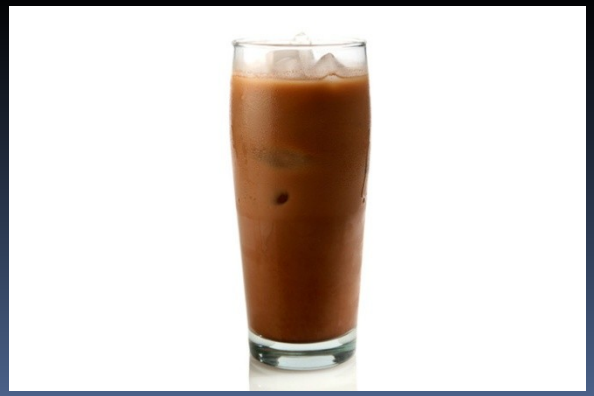
Did You Know?

A rack of baby back ribs is approximately 990 calories and 68 grams of fat. That's half a days calorie intake and a whole days worth of fat. Plus the equivalent of 7 teaspoons of sugar.

You would need to walk at a moderate pace for 4 hours to burn off those calories.

Did You Know?

A medium (12 oz) iced coffee at McDonalds has 190 calories and 30 gm of sugar. (That is as much sugar as a bag of M&M's)



You would have to walk approximately 45 minutes
(at 3.5 mph) to burn off those calories!

Did You Know?

A medium (16 cups) of buttered theater popcorn has 1200 calories and 97 grams of fat.

You would have to jump rope (nonstop) for 1 hour and 45 minutes to burn off those calories.

Did You Know?

A blueberry bagel w/ 2 Tbsp of cream cheese has 360 calories.

You would have to clean the house for and hour and a half to burn off the calories.

Did You Know?

2 slices of a Supreme pizza is 800 calories and 40 grams of fat. This is over half a days worth of fat.

You would have to swim laps for an hour and 25 minutes to burn off those calories.

Did You Know?

A turkey burger can have 900 calories and 48 grams of fat. Don’t be fooled just because it’s turkey.

Don’t ever assume anything about a food when you eat out. It can be loaded with calories, even if it sounds healthy.